



Bullying

Presented by
The Crime Prevention Unit



Objectives:

To identify and understand

- Various bullying behaviors
- The scope of the bullying problem
- Who bullies
- The warning signs a child is being bullied
- Strategies children can use to deal with bullying
- Steps adults can take to address bullying

What is bullying?



- Acting mean to someone on purpose
- When someone keeps hurting, frightening, threatening or humiliating someone on purpose
- Repeated and deliberate verbal and physical abuse of a person
- Unprovoked and unwelcome physical contact intended to create an intimidating and hostile environment

What is bullying?

- An imbalance of power
- Repeated and systematic harassment and attacks on others
- Perpetrated by individuals or groups



Ways someone can be bullied:

- Name calling, insults, pranks, taunts and obscene gestures
- Physical violence and assaults
- Deliberately excluding a child from a group
- Spreading vicious rumors about a child
- Telling others not to play or speak to a child

Ways someone can be bullied:

- Harassment via technology (e-mail, text messaging, etc.)
- Extortion or stealing money and/or possessions

Bullying can...

- Hurt your feelings
- Cause physical injury or harm
- Make you nervous and unsafe
- Get you in trouble
- Cause low self esteem and depression
- Keep your school from being a safe, fun place





Bullying is:

- Intentional- people who bully do it on purpose
- Hurtful- someone gets hurt, either physically or emotionally
- About power- a person who bullies usually has greater physical, social or verbal power than his or her target

Bullying comes in different forms:

- Physical- hitting, pushing, shoving or kicking
- Verbal- teasing, name calling, insulting and threatening
- Mental- gossiping, ignoring, isolating or excluding

Cyber Bullying:

- Cyber bullying is using the Internet, cell phones or other technology to try to hurt and harass others



Types of Cyber Bullying:



- Flaming– This involves posting mean and insulting messages on computer forums, bulletin boards or news groups.
- Harassment– A person continues to get unwanted messages from someone. The messages could be voice or text messages from a cell phone, or any kind of message sent over the Internet
- Denigration- A person is denigrated when someone sends or posts cruel gossip or rumors to damage his/her reputation or friendships

Types of Cyber Bullying:



- Impersonation- A person pretends to be someone else, and sends or posts material online that makes another person look bad.
- Outing- This happens when secret or embarrassing information about someone is shared with others
- Trickery- People who cyber bully use this method to learn secrets or embarrassing information about others. They may lie or pretend to be someone else.

Types of Cyber Bullying:



- Exclusion- This is when a person intentionally leaves someone out of an online group
- Cyber Stalking- In this type of Cyber bullying, a person uses information from the Internet to stalk someone

Cyber bullying



- Cyber bullying was experienced at least one time by 43% of teens, aged 13-17
- Teens report that in 77% of the cases the cyber bully is someone they know
- Girls claim to have been cyber bullied more than boys --- 51% to 37%

Bullying at School:

It can affect every student, even those not targeted. It can create a climate of:

- Intimidation
- Fear
- Violence



These get in the way of learning.



People who bully others

- Get in trouble at school or with their parents
- Lose people's trust and friendship
- Face legal charges

People who bully others are also more likely to drop out of school and get involved in violence or other crimes



Cases of bullying may involve

- Parents
- Law enforcement
- Internet Service Providers
- Court system



People who are bullied

Those targeted may:

- Become depressed or anxious
- Develop physical problems, such as stomachaches or headaches
- Feel bad about themselves
- Start doing poorly in school
- Stop seeing friends



People who are bullied:

- May need to seek medical treatment
- May attempt suicide
- Develop eating disorders
- No longer participate in activities they once enjoyed

Demographic Characteristics

Children who bully:

- Can come from any economic, cultural or religious background
- Are often in late elementary or middle school
- Want power
- Have quick tempers
- Have positive attitude towards violence

Demographic Characteristics

Children who bully:

- Have difficulty conforming to rules
- Gain satisfaction from inflicting injury and perceive “rewards” (prestige, material goods) from their behavior
- Lack empathy
- Only concerned with their own desires
- Use others to get what they want

Common Characteristics Among Youth who are bullied



These children often stand out as different in some way because of

- Appearance
- Sexual orientation
- Intellect
- Socio-economic background
- Cultural or religious background

Common Characteristics Among Youth Who Are Bullied

Boys and girls are bullied in different ways

- Boys are more likely to be bullied physically
- Girls are more likely to be bullied socially



The Negative Impacts of Witnessing Bullying

- Students in grades 7-12 say revenge is the strongest motivation for school shootings.
- 86% said other kids picking on them, making fun of them, or bullying them, can cause teenagers to turn to lethal violence in schools

If you are bullied what can you do?

- Walk away
- Tell the bully to stop
- Avoid the bully
- Tell a trusted adult or your parents
- If you think you may get hurt, leave fast and tell a trusted adult
- Hang out with friends



If you witness bullying

- Don't laugh or join in
- Tell a teacher or trusted adult
- Find others against bullying and join in to say Stop It!
- Be kind and supportive to the person being bullied
- Recruit friends to help the victim



If you witness Cyber Bullying

- Show support to the victim.
- Encourage the person to not respond to messages and log off if necessary
- Save any evidence of cyber bullying. Print out copies of harassing e-mails or saving text messages

Parents Can Prevent Bullying

- Keep an eye out for signs of bullying
- Ask children direct questions about how peers treat them and if they witness bullying
- Work with teachers, school staff, etc. to address bullying
- Inquire about the bullying policy at your child's school
- Suggest the implementation of a comprehensive anti-bullying program

Parents: Helping a Bullied Child

- Take complaints of bullying seriously
- Reassure your child that he or she was right to report the problem
- Teach the child to be assertive not aggressive
- Help the child identify strategies for dealing with bullying
- Give the child positive social opportunities to make friends

Parents: Keeping your child from bullying others

If your child is doing the bullying

- Spend time with your child daily
- Know where your child is and with whom
- Make it clear this behavior is not tolerated
- Reward good behavior
- Teach your child positive ways of solving problems and managing anger
- Increase supervision of your child

Personal Action Plan

What can you do to Prevent bullying?





Questions????